



Healthy Child Care Newsletter



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A Little Planning Now Can Make a Big Difference Later

Brian Quinn, public information administrator, Center for Emergency Response and Terrorism

Springtime in Missouri offers welcome relief from winter's dark days, cold temperatures and biting winds that often bring snow or ice storms. The warming climate means that windows can be raised to let fresh air in and doors can be opened so kids can finally go outside to play more often.

Unfortunately, along with "April showers that bring May flowers" comes the threat of severe weather with lightning, heavy rains and even tornadoes. With very little notice a beautiful spring day can turn ugly when a thunderstorm knocks out power or a tornado causes even more serious damage in your area. Being well prepared for these and other emergencies *before* they happen is key to making sure you can keep the children in your care safe and well in an emergency.

To help you and all Missourians prepare for emergencies, the Missouri Department of Health and Senior Services created the



Ready in 3 program that offers a wide variety of resources that can make the planning process easy and even fun. Endorsed by the American Red Cross, the

In this Issue

Childhood Vaccines	3
Asthma Initiative	3
Meal Ideas	4
Easter Safety	5
Eat Smart Program Changes	6
Recalls	6
Child Advocacy Day	8
Crib Update	9
Healthy Recipe	10
Motion Moments Videos	11

State Emergency Management Agency and Missouri's Office of Homeland Security, *Ready in 3* focuses on three basic steps you can take to prepare for many kinds of emergencies:

1) Create a plan

2) Prepare a kit

3) Listen for information.

Every child care provider, regardless of size or location, should be ready for emergencies that can happen anytime, anywhere. *Ready in 3* outlines steps you can take now to prepare your facility, staff and the children in your care.

Child Care Administrators / Directors

The *Ready in 3 Family Safety Guide* provides easy-to-follow details on the three steps in preparing for any emergency. Included are helpful checklists for basic emergency supplies, specialty items and first aid kits you should keep on hand. The guide is available in English, Spanish, Bosnian, and Braille. [Order Family Safety Guides](#) for your staff and families you serve today!

It is also important to involve the families you serve. To encourage them to make their own plans, you can provide [Family Safety Guides](#) and [Bookmarks](#) during open house events, when registering a new child or in take-home packets. A *Ready in 3 video* is available and can be used in education and awareness activities. Child care providers can also use the *Ready in 3 youth activities* to help children learn about preparing for emergencies. Activities are available for all ages.

Parent/Guardian Contact Information

A key part of your emergency response plan is to keep current contact information for the parents or guardians of all children in your care. Include all emergency phone numbers and e-mail addresses for primary or “first-call” caregivers, as well as for other trusted family members or friends who could serve as back-up in case parents or guardians cannot be reached. Make sure that all home, work, and cell phone numbers are up-to-date and accessible from your facility.

Another important aspect of your emergency planning is to discuss your plans with the children’s parents or guardians. This will help assure them that their children are safe and well cared for in a crisis. You should inform parents of what steps you will take to protect their children in a given crisis. Some basic details you might consider providing include:

- How you plan to reach parents in an emergency.
- Plans for routine fire, earthquake, tornado and terrorism drills.
- Supplies of water, food and first-aid items kept on hand for all children and staff.
- Plans and preparations for sheltering children and staff at the facility.
- Plans for separating and caring for students who may have been exposed to chemicals, bacteria or viruses.
- Where children will be taken if the facility must be evacuated.

The Center for Emergency Response and Terrorism and Section for Child Care Regulation are developing a training program especially for child care providers to help you effectively plan for emergencies. More information will be provided when the training becomes available. Watch for details in future issues of the Healthy Child Care Newsletter and on the DHSS website at www.health.mo.gov.

Why Are Childhood Vaccines so Important?

Newborn babies are immune to some diseases because they have antibodies they received from their mothers. This maternal immunity may last from one month to about a year. Young children do not have maternal immunity against some vaccine-preventable diseases.

Before vaccines, many children died from diseases that vaccines now prevent, such as whooping cough, measles, and polio. Those same diseases exist today, but babies are now protected by vaccines causing such diseases to be less prevalent.

Immunizing children helps to protect the health of our community, especially those people who are not able to be immunized. People who are not able to be immunized include those who are too young to be vaccinated, those who cannot be vaccinated for medical reasons, and those who cannot make an adequate response to vaccination. In addition, people who are ill will be less

likely to be exposed to diseases that can be passed around by unvaccinated children.

Annual immunization surveys were sent to child care facilities in December 2010. Licensing rules require that they be returned to the Bureau of Immunization Assessment and Assurance by January 15, 2011. If you have not returned your survey, please do so immediately. If you have any questions about the survey, please contact Lynelle Paro at Lynelle.Paro@health.mo.gov.

Early Childhood Asthma Initiative

Childcare providers in many Missouri counties can receive free environment assessments tailored to the needs of

children with asthma. Trained professional staff from the local public health agencies measure air quality and help child care providers determine ways to reduce asthma triggers. Participating providers receive educational materials for their families as well as staff. This voluntary program is part of the new Early Childhood Asthma Initiative (ECAI) funded by the American Recovery and Reinvestment Act.

In addition to environment assessment services, the Early Childhood Asthma



Initiative makes available free educational services for parents (or family members) of pre-school children age birth to 5 years old. Nurses and health educators from many local public health agencies are available for educational sessions at childcare facilities or other community locations, based on childcare provider and/or parent preferences. The free session includes reference materials, watching an interactive DVD and addressing the specific needs of the child or family. Parents (and family members) of young children may struggle with understanding what asthma is, how medications work, and trigger reduction. The education sessions are designed to assist parents in their efforts to assure a safe and supportive environment for their children. To check availability of education consult services and/or the environmental assessment in your county, contact Peggy Gaddy at Peggy.Gaddy@health.mo.gov or 573-522-2876.

**Check out the new look of the
Missouri Department of
Health and Senior Services
website at www.health.mo.gov.**

Getting Bored with the Same Weekly Meals?

Ann McCormack, chief, Bureau of Community Food and Nutrition Assistance Programs

Try adding some variety to your menu by introducing new foods. Introducing new, healthy foods to your kids can be a great way to increase vitamin and mineral intake.

Exposing young children to new foods can also create healthy eating habits that last a lifetime!



Ways to Introduce New Foods:

- o Have children help prepare the new food for a snack or meal.
- o Serve a familiar food made with a new ingredient. For example, serve mashed cauliflower in place of mashed potatoes.
- o Teach children about food and nutrition.
- o Let children participate by deciding what new foods they want to try.
- o Serve a new food along with familiar foods.
- o Offer a variation of a familiar food such as sweet potatoes, white carrots and skim milk instead of 2%.
- o Provide a new fruit or vegetable with a low fat dipping sauce.

Don't give up if the children in your care don't like the new food item; it can take up to 10 exposures to a new food for a child to finally try it and enjoy it. It is also important to never force a child to eat something but always give gentle encouragement.

Here are some new fruit, vegetable, and grain options that you could try...

Mango



- Excellent source of fiber, vitamin A and potassium
- Similar to a large peach; wash, slice & enjoy!

Sweet potato



- Excellent source of vitamin A
- Can be used the same ways as a regular potato

Barley



- Contains niacin, iron and fiber
- Add barley to soups or serve with a lean protein

Easter Safety: Handling Animals Safely

Alyce Turner, health educator, Bureau of Communicable Disease Control and Prevention

Now that spring is almost here, childcare providers have an opportunity to teach young children and their families about the health risks of handling chicks and ducklings. The Missouri Department of Health and Senior Services is promoting this message through an electronic e-card. The e-card is an electronic postcard that can be emailed to parents. Watch your email for notification when the e-card will be available.

Baby animals are frequent carriers of the Salmonella bacteria and pose a risk of salmonella illness for anyone handling the birds. Children are more susceptible to infection because they are more likely to put their fingers into their mouths and because their immune systems are still developing.

For more information, check out **“Why Parents Should Think Twice before Giving Baby Birds for Easter”** at www.cdc.gov/healthypets/easter_chicks.htm.

For questions contact Alyce.Turner@health.mo.gov.

National Public Health Week

Celebrate National Public Health Week, April 4-10. This year's theme is *Safety is No Accident: Live Injury-free*. A toolkit complete with fact sheets, media outreach materials, suggested community events with themes by days, legislative information and resources can be accessed at www.nphw.org/nphw11/first1.htm.

Changes Coming for Eat Smart Guidelines

In January 2010, the Bureau of Community Food and Nutrition Assistance released the Missouri *Eat Smart Guidelines* for Child Care, a set of nutrition standards that exceed the minimum meal standards outlined in the Child and Adult Care Food Program (CACFP) meal pattern and the Child Care Licensing Rules. All child care providers are encouraged to use the guidelines to improve the nutritional quality of meals and the environment in which meals are served to promote good health and good eating habits in young children. Good habits established at an early age have a better chance of continuing into adolescence and adulthood. Centers participating in the CACFP that meet all the guidelines at either the intermediate or advanced level receive recognition for their efforts to improve the health of children in their care.

After a year of working with centers to implement the *Eat Smart Guidelines*, it was time to bring the committee to the table to review what works and what doesn't work. About this same time, the Institute of Medicine (IOM) released a report titled, "Child and Adult Care Food Program: Aligning Dietary Guidance for All." This report makes specific recommendations to the U.S. Department of Agriculture for changes needed to the CACFP meal pattern to bring the meals served in child care settings in line with the Dietary Guidelines for Americans.

Based on the IOM report and the experiences of centers implementing the *Eat Smart Guidelines*, several important changes have been made to the guidelines. These changes should help to simplify the guidelines and improve meal quality. The revised guidelines and resource materials are available on the website at www.health.mo.gov/living/wellness/nutrition/eatsmartguidelines/index.php.

How to Obtain Recall Information

The U.S. Consumer Product Safety Commission is an independent federal regulatory agency that works to reduce the risk of injuries and deaths from consumer products.

The commission, known as the CPSC, issues approximately 300 product recalls each year, including many products found in child care settings. Many consumers do not know about the recalls and continue to use potentially unsafe products. As a result, used products may be lent or given to a charity, relatives or neighbors or sold at garage sales or secondhand stores. You can help by not accepting, buying, lending or selling recalled products. You can contact the CPSC to find out whether products have been recalled and, if so, what you should do with them. If you have products that you wish to donate or sell and you have lost the original packaging, contact the CPSC for product information. In each edition of

Healthy Child Care we highlight a specific product from their website.

The CPSC's toll-free hotline is available at 800-638-2772. The hearing impaired can call 800-638-8270. Information also is available on the CPSC Web site at www.cpsc.gov.



Escalade Sports Recalls Oasis Playsets Due to Fall Hazard

The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately unless otherwise instructed. It is illegal to resell or attempt to resell a recalled consumer product.

Name of Product: Outdoor Playsets

Units: About 4,600

Manufacturer: Escalade Sports of Evansville, Ind.

Hazard: The swing seats on the playsets can crack and break in half, causing the user to fall to the ground.

Incidents/Injuries: Escalade Sports has received 24 reports of the seats breaking, no injuries have been reported.

Description: This recall involves belt-style swing seats on four models of Oasis Playsets: PG01W, PG02W, PG03W and PG04W. Model numbers are located on a plate on the swing's horizontal beam. The green plastic seats are about 26 inches long and are hung from green, plastic-coated chains. The swing seats have rounded ends with black grommets on each end.

Printed on one side of the seat is:

MADE IN CHINA
GUARANTEED FOR ONE YEAR
ADULT SUPERVISION REQUIRED
DO NOT INSTALL IN AREAS WHERE
TEMPERATURES EXCEED 120DEG F

Printed on the other side of the seat is:

WARNING
IMPROPER USE
MAINTENANCE INSTALLATION OR
VANDALISM
CAN DAMAGE SEAT AND LEAD TO
SERIOUS INJURY
FOR RESIDENTIAL
USE BY ONE CHILD

Sold by: Oasis distributors and dealers nationwide from April 2008 to December 2010 for between \$1,500 and \$2,200.

Manufactured in: China

Remedy: Consumers should immediately stop using these swing seats and contact Escalade Sports for free replacement swing seats.

Consumer Contact: For additional information, contact Escalade Sports at (800) 742-6009 between 8 a.m. and 5 p.m. CT Monday through Friday, or visit the firm's website at www.escaladesports.com. Consumers can also e-mail the firm at safetyinfo@escaladesports.com.

Child Advocacy Day

The Missouri Alliance for Children, Youth & Families is holding their 29th annual Child Advocacy Day on Thursday, March 31, 2011 at the State Capitol in Jefferson City.

Child Advocacy Day is an opportunity for advocates to become better informed about children's legislation that is coming up before the Missouri General Assembly, and to share their views with their legislators. The purpose of Child Advocacy Day is to demonstrate an active grassroots network of citizen advocates who work to advance public policies and promote critical funding for programs that improve the lives of Missouri's children, youth and families.

There will be opportunities for child care professionals to earn clock hours by attending organized visits with legislators as well as by attending workshops focused on children's health, early childhood education, K-12 education including before and after school programs, and child abuse and neglect.

To register to attend go to www.childadvocacyday.org.

Want to learn more about advocacy and how to develop your communication skills? Attend one of our regional Advocacy 101 sessions (clock hours available). Email us at robin@mo.childcareaware.org to find an Advocacy 101 session email.

See our Facebook page at Missouri Child Advocacy Day.

Follow us on Twitter at @CAD_Missouri.

Crib Update

Concerned About the New Crib Rules

As NCCA continues to examine this issue, your concerns and comments are particularly valuable. Please [click here](#) to share them with NCCA.

National Child Care Association (NCCA) was recently invited to a conference call with the Consumer Product Safety Commission (CPSC). The purpose of this call was to explore how to ensure that child care providers, licensing, agencies, and other provider associations understand the new crib rules. While those efforts are being formulated, NCCA would like to share a few facts that everyone needs to know.

8 SIMPLE CRIB FACTS

- No retrofitting will be allowed
- Manufacturers must meet new standards by June 2011
- The new rules apply to owners and operators of child care facilities (including in-home child care, private, public, for profit, non-profit) and public accommodations such as hotels on December 28, 2012
- DO NOT REPLACE YOUR CRIBS TODAY! There is little chance that cribs purchased today will meet the new standards
 - Rules affect non-full size AND full-size cribs
- The new rules will affect EVERY crib not just cribs with drop sides
- CPSC will inspect and fine providers violating these rules beginning on 12/29/2012
- Although parents are not mentioned specially they would be included in "placement in the stream of commerce" category which would not allow them to re-sell or buy cribs which do not meet the new rules.

As more information is available, NCCA will be passing it to providers. Feel free to share this email with colleagues.

Recipe

Sweet Potato Fries

Ingredients

4 medium sweet potatoes
1½ teaspoon paprika
1 teaspoon salt
¼ teaspoon ground black pepper
Dash of cayenne pepper
1 Tablespoon of canola oil
Non-stick cooking spray



Directions

1. Preheat oven to 450°F.
2. Scrub and rinse sweet potatoes. Pat dry with a paper or kitchen towel.
3. Leaving skin on, cut sweet potatoes into thick French fry strips, about ½ inch wide.
4. Measure and mix paprika, salt, ground black pepper, and cayenne pepper in a large mixing bowl to make Cajun seasoning. Add canola oil to spices and blend with a whisk or fork until there are no lumps.
5. Transfer sweet potato strips into the bowl and toss until they are coated on all sides.
6. Coat baking sheet with non stick cooking spray, and place sweet potatoes in a single layer on the sheet.
7. Bake for 15 minutes. Turn fries over and bake another 10 – 15 minutes, or until fries are tender.

Yield

8 - ¼ cup servings

CACFP Crediting: Each ¼ cup serving counts as ¼ cup vegetable component

Notes

- For easier cleanup, line the baking sheet with a layer of aluminum foil and coat with non stick cooking spray before placing the sweet potatoes on the sheet.
- White or baking potatoes can be substituted for all or part of the sweet potatoes.
- For milder flavor, dust the potatoes with 1½ teaspoons of curry powder and 1 teaspoon of salt in place of the Cajun seasoning.
- Make sure kids know not to touch their face or eyes as they work with the Cajun seasoning – it can burn!! Wash your hands and kids' hands thoroughly after handling.
- If the fries can't fit in a single layer on the baking sheet, use two sheets or cook in two batches.

New Video Series Provides Physical Activity Ideas

The National Resource Center for Health and Safety in Child Care and Early Education (NRC) introduces **Motion Moments**, a series of videos to help fight childhood obesity. Motion Moments are three short videos that show a few simple ways to weave physical activity in the current early care and education programs in a child care center or family child care home working with infants, toddlers, or preschoolers. Find the links to these videos and more resources about physical activity at nrckids.org/Motion_Moments/index.htm.

Other recent additions to the NRC website include a **Nutrition Checklist** nrckids.org/nutritionchecklist.pdf and a **Physical Activity Checklist** nrckids.org/physicalchecklist.pdf.

Updates on what's new from the NRC can be found at nrckids.org.

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This publication provides topical information regarding young children who are cared for in child care settings. We encourage child care providers to make this publication available to parents of children in care or to provide them with the Web address:
health.mo.gov/safety/childcare/newsletters.php
so they can print their own copy.

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